



## TRY SOMETHING NEW!

NWA WIC 2010 CALENDAR

**Please return this sheet to your WIC Clinic at your next appointment.  
This will count as your second nutrition education contact.**

1. Have you tried a new fruit or vegetable? \_\_\_Yes \_\_\_No

If yes, which one(s)? \_\_\_\_\_

2. Did you prepare any of the featured recipes? \_\_\_Yes \_\_\_No

If yes, which one(s)? \_\_\_\_\_

3. Why buy low-fat or fat-free milk?

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4. Beans are an excellent source of: (circle one)

- a. Protein
- b. Fiber
- c. Both A and B

5. What was one new thing (or interesting fact) you learned about nutrition?

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**Congratulations!**

Please continue to explore these new foods, and enjoy the fun facts and tasty recipes.

**Have a happy and healthy 2010!**

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